


















































# Brushing *Chart*

To keep your teeth healthy, you need to brush twice a day for at least two minutes each time, floss and rinse.  
Fill in the box on the calendar every time you brush to develop healthy habits for a lifetime of wellness!

	S	M	T	W	Th	F	S	
MORNING								YOUR TEETH ARE HAPPIER ALREADY!
NIGHT								
MORNING								HALFWAY TO A MONTH OF HEALTHY SMILES!
NIGHT								
MORNING								GREAT JOB CLEANING THOSE PEARLY WHITES!
NIGHT								
MORNING								YOU DID IT! KEEP UP THE GREAT WORK FOR A HEALTHY MOUTH!
NIGHT	